

The Seal of the State of Arizona is a circular emblem. The outer ring contains the text "GREAT SEAL OF THE STATE OF ARIZONA" at the top and "1912" at the bottom, flanked by two stars. The inner circle features a shield with a landscape scene: a mountain range in the background, a river in the middle ground, and a Native American figure on the left. Above the shield is a banner with the Latin motto "DITAT DEUS".

July 2005



Free Mini-Health Screening at work!

Screening takes as little as 15 minutes and no appointment is necessary.

- ☐ Checks of blood pressure and percent of body fat
- ☐ Height/weight/frame size assessment
- ☐ Cholesterol and blood sugar check (blood draw) - eight-hour fasting period required
- ☐ Personal and confidential report mailed to your home.
- ☐ Women age 40 and over are eligible for a free osteoporosis screening.

You do not need to call to register for Mini-Health screening.

Women under 40 can also have an osteoporosis screening for a copay of \$30.00.

Men 40 and over can get a prostate cancer (PSA) screening exam by blood draw for a copay of \$5.00.

Upcoming Locations

Phoenix- Friday, July 8, 2005
8:00am-10:00am Dept. of Economic Security 2602 S. 24th St. Conference Room

Phoenix- Tuesday, July 12, 2005
8:00am-10:00am Auditor General 2910 N. 44th St. 3rd Floor Conference Room

Tucson- Thursday, July 14, 2005
8:00am-10:00am Dept. of Economic Security 5441 E. 22nd St. #135 Conference Room

Prescott Valley- Thursday, July 21, 2005 8:00am-10:00am Dept. of Transportation 6989 Second Street

Phoenix- Thursday, July 28, 2005

Current Events from the Wellness Program

State employees and their dependents are welcome to attend the events listed. State of Arizona retirees and spouses are also welcome.

Events are free or low cost for employees and retirees. Fees may apply for family members at some events.

To register, call us directly at 602.771.WELL or toll free at 1.800.304.3687.

If you have internet email capability, you may email your registration to:

wellness@azdoa.gov.

8:00am-10:00am Dept. of Gaming 202 E.. Earll Dr. Conference Room

Call us at 602.771.WELL if you would like to have this screening at your office!

Fit and Fast Food: The Carbohydrate Cure (90 minutes)

Protein programs and diets are the rage in America today. But if you're serious about feeling good and creating a healthier lifestyle while eliminating carbohydrates...come get the facts. Ted Rogers, "America's Chef and Lifestyle Guru," will give you the real facts about protein programs and "lift the myth" on the concepts of carbohydrates.

You will also receive delicious ideas and Fit and Fast Food recipes to keep you energized, satisfied and happy. (\$1.00 copay)

Phoenix- Tuesday, July 19, 2005



11:30am-1:00pm Dept. of Emergency and Military Affairs
5636 E. McDowell Rd.
Room to be announced

Phoenix- Wednesday, July 20, 2005
11:30am-1:00pm Dept. of Education
1535 W. Jefferson Room 417

Kingman-Tuesday, July 26, 2005
11:30am-1:00pm Dept. of Economic Security 301 Pine St. Conference Room

Mammography Screening

Mobile On-Site Mammography is an accredited mobile facility that offers mammograms at the worksites across the State.

July Locations:

Phoenix- Wednesday, July 6, 2005
8:00am-5:00pm or Thursday, July 7, 2005 8:00am-Noon Dept. of Education 1535 W. Jefferson

Phoenix- Thursday, July 7, 2005
8:00am-4:00pm Dept. of Economic Security 1301 W. Washington

Phoenix- Thursday, July 14, 2005
8:00am-5:00pm Supreme Court 1501 W. Washington

Phoenix- Thursday, July 14, 2005
8:00am-2:00pm Veteran's Home 4141 N 3rd St.

Phoenix- Tuesday, July 19, 2005 or Wednesday, July 20, 2005
8:00am-5:00pm Dept. of Transportation 206 S. 17th Ave

Phoenix- Wednesday, July 27, 2005
8:00am-4:00pm Corporation Commission 1200 W. Washington

Call Mobile On-Site Mammography at 480.967.3767 or toll free at 1.800.285.0272 to make an appointment or if your office is interested in having the mammography van at your worksite.

Skin Cancer Screening

Any State employee is welcome. Skin cancer screening is free to State employees and includes:



- ▶ A site-specific assessment by a nurse practitioner or physician assistant from Banner Occupational Health.

Screening takes approximately 10 minutes and participants will not be required to fully disrobe.

- ▶ Assessment of risk for cancer, including personal and family medical histories, and lifestyle factors.
- ▶ Educational materials and counseling.

Upcoming Locations

Wickenburg- Tuesday, July 19, 2005
9:00am-3:30pm Dept. of
Transportation Maintenance Yard
600 Wickenburg Way

Littlefield- Wednesday, July 27,
2005 9:00am-3:30pm Dept. of
Transportation Maintenance Yard
Littlefield, Arizona

You must have an appointment!
Please call one of the numbers
listed below.

Skin cancer screening takes place every year from April through September. If you would like screening at your office, please call 602.771.WELL or toll free at 1.800.304.3687, option 7,2 to discuss options.

-WHI, continued from page 1

Q: Is it better to buy the generic brand?

A: In most cases, yes. Generic medication is an FDA-approved, chemically identical version of a brand name medication. To receive this approval, a generic must contain identical amounts of the same active ingredients - in the same dosage form and strength - as its brand name counterpart, and be shown to work the same way in the body. In addition, generic medications cost an average of 20 to 50 percent less than brand names.

Nearly 50 percent of all prescriptions in the United States are now filled with generic medications. For members not currently prescribed a generic brand, if appropriate, WHI will proactively call the prescribing physician and ask if a medication switch can be made. If the physician approves, the medication will be filled with a generic. This saves money for both the member and the plan.

Get a Massage!



This program is open to State employees and their dependents. The cost is \$10 for a 15-minute massage or \$20 for a 30-minute massage.

The best part is that we come to you! Licensed massage therapists from National Stress Station will travel to worksites with at least 15 interested employees (and/or family members). Call National Stress Station at 480.990.1701 to discuss options for having this program at your worksite.

Weight Watchers®

Arizona Benefit Options offers the Weight Watchers at Work program to State employees at State worksites. The "At Work" program is presented as a 10-week series.



From July 1, 2004 through June 30, 2005, all non-University State employees are eligible to join Weight Watchers for \$59.00 for each 10-week series. The fee includes materials. University employees need to check with their University wellness office for current rates.

Spouses and dependents are welcome to attend Weight Watchers classes at a copay of \$90 per 10-week session plus a \$10 charge for materials due at the first session they attend.

If you are interested in attending a class, please call Weight Watchers to check for available classes. Weight Watchers will conduct a free introductory meeting at your worksite. Weight Watchers can be reached at 602.248.0303. Ask to speak to someone in the "At Work" department. Please identify yourself as a State of Arizona employee.

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wellness@azdoa.gov

Persons with a disability may request reasonable accommodation by contacting the Benefits Office. If you need this issue in an alternative format, please call 602.542.5008.

Health Stations at the Workplace Aid Employees

By Jeri Penrose, Communications Coordinator, State Of Arizona Human Resources

Elaine Bedoy, an administrative assistant with the Department of Economic Security in Phoenix, has high blood pressure. It's under control with medication, but her doctor has urged her to check it often.

That's why, when she noticed a health station "kiosk" in her building recently, she couldn't help but stop—she wanted to test it out.

"I walked by, saw it, and was curious!" Bedoy admits. "I like that you don't have to wait for someone to help you. You can just sit at the station and do it yourself."

There are currently three health station kiosks placed around the Capitol Mall area as part of a six-month pilot program to see if employees use them and are satisfied with the results.

"Step one in being healthy is being aware of your numbers—blood pressure, cholesterol, weight, blood glucose—and this is one tool employees can use at their worksite to monitor their blood pressure and learn about health related issues," says Emily Augustine, Employee Wellness program manager.

Features available on the pilot machines include a weight scale, blood pressure cuff, pulse monitor, medication database, 15-inch color monitor with touch screen, wheelchair accessibility, back-lit four-panel display, and health education videos, among other things.

"Use of the health system is completely employee driven," says Tracy Sullivan, Director of Sales and Marketing with Computerized Screening, Inc. (CSI), the company

that owns the stations. "The employee is involved in his or her own health care. This is giving people the ability to understand what their health status is and remain anonymous."

More Accurate than Drugstore Machines

Many employees are familiar with these types of machines from ones they've seen in drugstores such as Walgreens, but Sullivan insists that the CSI machines are better. In fact, a 2005 study by Loma Linda University School of Public

Health regarded CSI's technology as "the most accurate, non-invasive, automated process in existence" for vital signs testing.

"The level of on-site service from CSI is superior to those found in many drugstores, so they are better maintained and validated on a regular schedule," Sullivan says. "CSI's patented technology raises the bar to a level never before achieved in terms of the accuracy of non-invasive blood pressure measurement."

The three kiosks have been placed in the Senate building basement, Capitol basement (by the cafeteria), and inside the DES building at 1789 W. Jefferson (1st floor by the vending machines). The first machine was delivered to the Department of Administration's Wellness office on March 18, 2005. The Capitol building machine has received the most "hits" with 1,398 people having used it so far.

Checking Blood Pressure Remains Most Popular Feature

Bedoy has found the machine in her building extremely easy to use and enjoys the convenience of it. For those like Bedoy with high blood pressure, the machines can act as a life-saving tool.

"Hypertension (high blood pressure) can be a silent disease - meaning many people don't have symptoms, but hypertension is a serious condition," Augustine warns. "With these kiosks, employees can monitor their blood pressure on a regular basis and report it back to their doctor."

According to the Employee Wellness team, the kiosks are there to target all employees, but especially those who don't regularly participate in wellness programs or regularly go to the doctor.

"We want to catch health problems in the beginning stages," says Augustine. "That way, our employees can manage conditions before they become damaging to their health."

Visit one of these health stations for yourself and give us your feedback! Log onto the Benefit Options Employee Wellness website at www.benefitoptions.az.gov and take our online kiosk survey. We're waiting to hear from you! For more information about the machines, call 602.771.WELL.

*Jeri Penrose can be reached at
jeri.penrose@azdoa.gov.*



Wellness classes and screenings are available in worksites across Arizona. You can access a full list of programs that can be hosted at your worksite at:
www.benefitoptions.az.gov